

UNITY DAILY WORD



A MAGAZINE OF SUNSHINE

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**"FOR HEALTH'S SAKE,
BE JOYFUL!"**

Read this message of health and good
cheer in this issue.

APRIL, 1931

A PAGE OF INSPIRATION FOR EACH DAY

AFFIRMATIONS USED BY SOCIETY OF SILENT UNITY

March 20 to April 19

In Him is life; and the life is the light .
of my mind.

The vim, vigor, and vitality of Jesus
Christ quicken both my mind and my
body, and I am whole and well.

The promise, "If ye shall ask any-
thing in my name, that will I do," is now
fulfilled, and I proclaim Jesus Christ my
supply and my support.

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UNITY DAILY WORD

A little companion that daily will direct your steps to the sun-tipped heights in whose glory you will behold the son of God, for such you are.

Nonsectarian. Published monthly.

F. B. WHITNEY, *Editor*

Editorial suggestions and comments may be addressed to Editor of *Unity Daily Word*, % Unity School of Christianity, 917 Tracy Avenue, Kansas City, Mo.

ASPIRE! ARISE! ASCEND!

'Tis time to leave behind all fear!

Your victory is drawing near,

Your time for resurrection.

Ascend above all doubt and sin!

Obey the voice of God within,

It leads to your ascension.

Let drop graveclothes and mortal strife!

Lay hold of your eternal life!

Aspire! Arise! Ascend!

AUTHOR UNKNOWN

The weary ones had rest, the sad had
joy

That day, and wondered, "How?"
A ploughman, singing at his work, had
prayed

"Lord, help them now."

Away in foreign lands they wondered
"how"

Their simple word had power.
At home, the Christians two or three
had met

To pray an hour.

Yes, we are always wondering, wonder-
ing "how,"

Because we do not see
Some one, unknown perhaps, and far
away,

On bended knee.

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FOR HEALTH'S SAKE, BE JOYFUL

IF YOU are to take the Bible as a textbook of health, you will find in it a number of references concerning the effect of joy upon your physical well-being. There is, for instance, the very familiar proverb, "A cheerful heart is a good medicine," and we consent to its philosophy because, somehow, we never associate sickness with the light-hearted person.

A modern writer expressed himself on the subject when he produced this quip: "A cheerful liver always has one." The radiant, optimistic individual need have no fear of liver troubles. The joy that circulates through his mind, body, and soul offers little encouragement to those engaged in the business of manufacturing remedies for the liver.

The president of Boston University says: "Laughter provides both physical and mental release. It counteracts rigidity, and gives one a release from difficulties which weigh on the mind. Its physical benefits are in the expansion of the lungs, the activation of the heart, and the release of the overworked capillary system. Laughter has a distinct social value in making a person livable and responsive. Lastly, it has an effect on the emotions, providing an emotional release that makes for a wholesome and cheerful outlook." In this statement, Daniel Marsh very plainly shows his opinion of the relation of joy to man's health and general well-being.

Did you ever have the experience of feeling

upset mentally and physically, seemingly unable to "get hold" of yourself, and then finding the tension relieved through the association of pleasant company, a humorous incident, or the power of a song? What happened? You but released your grasp upon an adverse situation. When joy entered your mind you gave up the adverse thought that was holding you in bondage. Possibly a smile brought you to your senses, and you saw the futility and foolishness of burdening yourself with adverse or false beliefs.

There is good psychology in the use of inspiring music in the churches. Music makes the individual ready for prayer. No doubt, music proves a good counteragent for some of the depressing prayers that we often hear. If the spirit of joy is overlooked or neglected, then prayer has lost its most faithful ally.

A woman recently remarked that she had gone to church all her life but had never had her prayers for healing answered. About her was such a thick wall of pessimism that the joy of healing was utterly excluded. Her religion was negative. Her mental attitude showed that she had not grasped the underlying truth of Christianity, even though she believed herself to be a true follower of Christ.

Those who do not know the joy of Christ, the joy of living, know not Christ or life. If a man knew by heart all the religious teachings and dogmas of Christianity, yet failed to live a more radiant and a healthier life because of these,

his everyday life would bear witness to the lack.

"A cheerful heart is a good medicine," a tonic for the liver, a stimulant to digestive forces, a strength for the loins, a veritable cure-all. Wise old Solomon's words come to us today with the added potency of the faith of those who for generations and generations have proved their truth. If your prayer for health has been unanswered, then to your prayer add joy. If results are still not forthcoming, add more joy. Fill yourself so full of the consciousness of joy that there is no room for aches or pains.

"Be of good cheer; thy sins are forgiven"—the sins of improper eating included! That "sin" of speaking unwisely to your neighbor and worrying about it, that sin of self-condemnation that has thrown your digestive system into disorder—they are forgiven, wiped out, and forgotten. "Go thy way, eat thy bread with joy."

When those about you would scatter the propaganda of depression—that octopus which would inject a charge of inky darkness into your clear, pure streams of thought—just practice being joyful. The mist will clear; your health will come!

Let your Great Physician be one with a cheerful smile. Lift your eyes. Let your heart be lifted up. The world is full of joy—all for you! Joy is the magic that breaks down barriers, puts sparkle into the eye, and gives tonic to the body. Joy is an effective medicine and, best of all, it is pleasant to take.

FORWARD AND UPWARD

YES, you are still going forward! The little experiences that often come to you and that, at times, seem to pull you back, or indicate that you are standing still, are but experiences from which you will emerge better, bigger, and stronger. Your very soul cries out, "Forward and upward!" Thus will you go forward, probably, at times, inclined somewhat to discouragement and prompted almost to acknowledge defeat, but your feet will still be planted on a path leading upward. Your heart will still rejoice at every evidence of victory. Your spirit will still keep its heavenly vision.

Your progress may be said to be made in spirals. Have you ever noticed a little animal climbing a tree, going round and round the tree as he climbs, sometimes hidden from view, sometimes slow in appearing again, but always emerging in sight a little farther up on the trunk? Possibly at times, unknown to you, he has paused on the hidden side to rest awhile in a darkened nook, but always reinforcing himself with strength to continue his climb.

Do you seem at times to be compelled to "rest awhile in a darkened nook"? Do you seem to be lost sight of in the seemingly difficult ascent to heavenly things? Then just know that you are resting awhile for more active endeavors. Know that there is truth in the lesson of spirals. Realize that you are always headed onward and upward.

You need not be concerned about the world

about you. You need not be discouraged by what others think or say. Let the wings of your soul unfold, and carry you onward in its flight. Let your heart continue to sing its most optimistic song. Let the very Spirit of God within you direct your thought and your feet.

In order to go forward you must disregard all beliefs that would pull you backward. To all discouraging thoughts say, in the language of the 6th chapter of Nehemiah: "I am doing a great work, so that I cannot come down: why should the work cease, whilst I leave it, and come down to you?"

If you will but be true to the heavenly vision, the vision of upturned eyes and uplifted heart, you can be assured of progress. Only when your vision is turned earthward, only when you believe that things earthly can master you, will they seem to do so. Even in times of seeming discouragement, at the time when things look most distressing to you, something within you, at the very heart of your being, will say, "Forward and onward." Have you not found this to be the case?

Men have found, even when business seemed to be at a standstill, when failure seemed imminent, that the turning point in their career appeared. Out of the experience came sight of the road that led on and on to greater achievements, to higher accomplishments, and to success. They remember that even in times of failure and discouragement the very seed or germ

of success was still alive, awaiting discovery and cultivation.

The writer personally knows a little woman who, living in a mid-western city a number of years ago, was suffering from tuberculosis. Her husband's health and business had failed. They could have either given up to failure and, possibly, death or else fought the good fight. They could have listened to the voice of discouragement or else answered the challenge of Spirit to go forward and onward. The great vision of Truth came to them in their distress. They decided to win out.

A few years ago a metropolitan newspaper carried their story under the heading, "Miracles Wrought by a Woman's Faith." There were recorded not only the seeming miracles of health and of financial success wrought by this couple in their own home through resorting to and relying upon prayer, but also the equally astounding miracle of millions of persons' being given instruction in how to do the very thing that this couple had done.

Could we want a more typical illustration of what can be accomplished when one has the vision of victory and progress, when one feels the stirring urge to go forward and upward? Can we conceive of a greater compensation for obeying that urge than the knowledge not only that one has held to the high vision but that it has been pointed out to countless hundreds of thousands? Surely, the slogan, "Forward and upward," has rich rewards—blessings of peace,

health, and plenty—for those who hearken unto it.

Discouragement has caused many a person to turn back right when victory and success were almost within his grasp. These persons have listened to the voice, "You cannot do it! You are bound to fail! You're losing your health." And, still, back of and beneath it all, Spirit but waits for them to accept its help and strength. It says to them, "Go ahead! Of course you can! I am with you!"

Does this message reach you today when you are not so sure of yourself, when you are wondering whether or not you can accomplish your undertaking? Do you seem to be at a standstill? Let us repeat, "You are still going forward!" Something within you will literally carry you on if you will let it. There is a mighty power within you that refuses to believe in discouragement, pessimism, and defeat.

"You are still going forward!" Today, when the voice, "What's the use?", speaks to you, smile and say, "The victory of knowing that I can overcome." In that answer will be embodied the very power of Spirit, and you will feel a new urge to overcome, a new strength to go forward.

Gird your loins with the strength that will refuse to admit discouragement or defeat. Move ahead with the knowledge that your move forward and upward cannot be delayed, thwarted, or defeated.

IMPERSONAL DEMONSTRATIONS

HOW DO we make demonstrations over personal situations? By viewing them as impersonal. As long as we see other persons as having a bearing upon our problems, just so long shall we keep the problem in personal consciousness and make it impervious to the freeing work of Spirit.

What is some typical personal situation over which at times we may need to demonstrate? The belief that others have power to make us unhappy, to interfere with our progress, or to mete out injustice to us. Personal situations come to us when we are in personal consciousness, in the thought that other persons can limit our expression in life.

What do we mean by viewing personal situations as impersonal? We mean that we relieve such situations of the belief that certain persons are to blame for our problems. For instance, if you believe that George Brown has power to make you unhappy you have a personal situation to handle. You may make it impersonal by dropping George Brown out of the situation, knowing that your problem is to demonstrate over the wrong belief that some person can interfere with your life, not over the belief that the man, George Brown, can do so.

In your present consciousness, if George Brown did not enter into the situation some other person would. You, not George Brown, have attracted the undesirable situation. When you have handled it correctly you will be free from the belief that any person can interfere

with your well-being. Incidentally, you will be free from Brown himself. Do you now see what is meant by making an impersonal demonstration over personal situations?

An employee who is in an adverse state of mind will attract adverse situations to himself, whether he works for Brown & Company or for Smith & Jones. His solution does not lie in his hating Smith, Jones, or Brown. Nothing would be gained by his being revengeful, or by his plunging himself deeper into personal consciousness.

If another has seemed to bring unhappiness or injustice into your life, forget him for the time being. Lift yourself out of personal consciousness and much of your problem will be solved. Deny the belief that any person can harm you. Cease to give this person a name, or to identify your problem with any personality. If you need to demonstrate over envy, you need not demonstrate over what Jones possesses. Your problem is entirely impersonal.


Now, how are demonstrations over personal situations made? First, you can readily see that your difficulty and unhappiness have come through the belief that other persons have power to interfere with your well-being. Second, the solution is an obvious one: reverse the thought. Change your belief by realizing that no person can harm you, make you unhappy, be unjust with you, or take your own from you. Third, rise to that consciousness in which you know that other persons do not shape your life.

The impersonal life is one in which you recognize God as all in all. You lose sight of persons and human frailties when you grasp the truth of universality and impersonality. From the standpoint of Spirit there are no personal problems, no one to hate, no one to envy, no one of whom to be jealous. There is only God, and in Him your freedom from personal problems is assured.

Does this give you light on that personal problem? Do you grasp the truth of impersonal demonstrations? Remember that the problem may seem to be a personal one, but the solution is entirely impersonal. When you are in spiritual consciousness, you look out of the windows of heaven upon a world freed of personalities. You see men and women only as God sees them, impersonal, loving, true.

Does not this impersonal life offer to you a freedom for which you have long yearned? Remember, in the impersonal consciousness you have no limited thoughts about persons, no thoughts that they can limit you. The true demonstration is made when you stand aside, you with your belief in the power of personality, and let God's work be done. The impersonal consciousness offers you freedom from woes and worries about other persons.

Your power to demonstrate in this way lies in your power to turn personal thoughts out of mind and to keep your thought centered upon the impersonality of Spirit, now manifesting itself throughout your entire world.

 *great man is
he who in the
midst of the crowd
keeps with perfect
sweetness the inde-
pendence of solitude.*

Emerson

WEDNESDAY, APRIL 1

The Spirit of life and health within me causes my body to be filled with its presence, and I am healthy and strong.



ODAY I free myself from every limiting thought that I have entertained about my body. I give up every belief about it that would cause me to think of it as something diseased or weak. I am free from the belief that it is something unhealthy, unholy—something to be despised or denied.

My body is the embodiment of thoughts of life, health, and strength. In the reality of Spirit, my body is whole and perfect. In it are embodied those thoughts of substance and endurance that cause it to have the permanence of Spirit. In my body Spirit has embodied itself.

My body is the expression and the manifestation of the very presence of Christ, the presence of health, seeking to express and manifest itself in form. As I grow in consciousness of my bodily perfection, my body, in turn, becomes more and more refined in nature and in texture.

I bestow upon my body my most exalted thoughts of health and perfection. I bless it through the power of Spirit within me. I see it as Spirit sees it—whole and perfect.

He that raised up Christ Jesus from the dead shall give life also to your mortal bodies.
—Rom. 8:11.

THURSDAY, APRIL 2

I have faith in the power of God, the good, to overthrow every attempt of so-called evil to assert itself.

MY FAITH is quickened because back of the good in which I have faith is the quickening power of God. I know that my faith cannot be misplaced. I know that God will not fail me. I can trust in Him, knowing full well that He will bring good to pass for me.

Faith in God gives me faith in all good. I realize that what men call "evil" has no power to stand against God, the good. I believe that God is omnipotent, the one and only power, and that He is mighty to cause my good to appear when it is needed.

My faith in God is supreme. I do not believe that anything can work against God, can thwart His action, or delay His work. I cease to believe in many powers, many gods. I cease to think that any person, thing, or situation can reduce the power of God or interfere with my happiness or success.

I do not doubt the extent of God's power and work. I do not limit Him in any way. I know that right now He is expressing more and more of Himself in me and in my life in order to make more and more of the good manifest. I have implicit faith in Him.

Be not faithless, but believing.—*John 20:27.*

FRIDAY, APRIL 3

*I realize this day that God, the good,
is the only presence, reality, and power
in my life.*



GOOD, evidence of God, now appears in my life, and its appearance is indicative of the goodness of God. As I behold the manifestation of good increasing, as I grow in consciousness of the presence of God, I find that there is no reality in what I have considered evil, no place in the omnipresence of good for evil to appear, no provision in the omnipotence of good for evil's so-called power.

I have but one god before me—God, the good. I cease to think of evil in any guise as having power to cause me to think of itself as power or reality. I know that only the good is true. I know that God alone is creator, being, reality, and substance.

That which I have thought of as evil is now replaced by good. My thoughts about sin and evil are now transformed through my consciousness of Truth into thoughts of good, thoughts of God. I recognize God as being what He is in Truth—the one and only Mind of Truth, Principle of Truth, God of Truth, the ultimate of all good. Abiding in Him, I live in the presence of good forevermore.

Hold fast that which is good; abstain from every form of evil.—*I Thess. 5:21, 22.*

SATURDAY, APRIL 4

The joy of my indwelling Spirit fills me so full of joy that my entire world is joyful.

JOY must come from within. I turn my attention to the presence of Spirit within me. I cease to think of persons and things of the external world as having power to make me happy or unhappy. I know that real joy is found within me. Looking to the center of my being, I behold my unity with Spirit and my oneness with all joy.

As I meditate upon the joy of Spirit, I become identified with joy celestial. My attention is withdrawn from all the persons and things that have seemed to be the cause of unhappiness in me. I direct my thought to Spirit, beholding my joy therein revealed.

As I think about joy my whole being becomes filled with joy. The presence of Spirit within me becomes a presence of joy. From this presence radiates joy to every part of my being. The very cells of my body are joyful. My whole being is alive with joy, and expresses the joy of Spirit within me.

My world is a world of joy. Everywhere I behold manifestation of the bountiful joy now being expressed within and through me. I see the joy of Spirit manifesting everywhere.

Thou hast put gladness in my heart.
—*Psalms 4:7.*

SUNDAY, APRIL 5

*Through the grace of God within me,
I rise out of every limitation. In Christ,
I am exalted.*

THIS DAY I experience the feeling of ascension. I know what it is to rise out of beliefs in mental and physical limitation. I break the bonds that have seemed to bind me to limited conditions. I give up those beliefs which have bound me to material things.

I no longer think of myself as living in unpleasant conditions from which I cannot escape. I rise out of the self-imposed limitations that I have placed upon myself. I free myself from any restrictions that others have seemed to place upon me.

In this consciousness I am exalted. I am lifted up to the realization of my freedom from all sense of bondage. I arise to greet my risen Lord. I accept His will for me. I accept freedom. Through the presence of Christ within me I am lifted up. As He becomes exalted, so do I. As He is lifted up, so does He lift me up to the Father.

Christ within me is now risen. That within me which is Christly refuses henceforth to be cast down. I rise above things of the earth, and partake of things heavenly.

Arise, shine; for thy light is come, and the glory of Jehovah is risen upon thee.—*Isa. 60:1.*

MONDAY, APRIL 6

Trusting in the power of God, the good, I am freed from all worry and anxiety.

AS I increase my trust in God and become more conscious of the power of good, I lose all feeling of worry and anxiety. I know that evil does not exist as a power able to overthrow good. I realize that nothing of the world about me can defeat the power of God within me.

I realize that in Truth there exists nothing about which to be anxious. I know that in the world of Spirit my good perpetually exists and that in this world of reality there is no existence of that which can discourage or defeat me.

I am free mentally from any element that would cause me to worry. I am free from all thoughts and beliefs that cause anxiety. I give up all thoughts that cause me to worry about persons and things. I know the secret of freedom from worry: it is simply change of mind. I can easily give up worry-producing thoughts for thoughts of trust and harmony. Through change of thought I transform myself into a person who is care free and free from worry.

I live in the consciousness of the presence of God, in whom there is perfect trust, and whose power is mighty to overthrow every belief that evil can prevail.

Be not anxious.—*Matt. 6:25.*

TUESDAY, APRIL 7

*I am not under any law of negation.
God, divine principle, rules me as the
law of good.*

H GIVE up all belief that I am ruled or dominated by any law of adversity, negation, disease, or misfortune. I cease to think of adverse laws, those negative laws established by human consent, as having power over me, a child of God.

I do not believe that I am under any law of heredity, ill luck, or failure. I do not think of any adverse power as existing in Truth. I do not have faith in so-called principles of evil. I know that, in the world of God, there are only the power of good and its principle.

God, the good, is the principle that rules and governs my life. He is the principle of peace, light, truth; life, love, health, plenty, and success. All my affairs are under His government. All that I am and have is ruled by God, the good—by divine principle, the law of Spirit.

I henceforth think of myself and all that concerns me as coming under the province of God and as established upon His principle. I think of the laws of God—the laws of life, love, and Truth—as the laws of my very existence. I think of the principle of good as the principle of my good, my health, my success.

I will put my law in their inward parts, and in their heart will I write it.—*Jer. 31:33.*

WEDNESDAY, APRIL 8

The presence of the Spirit of life within me now causes me to be filled with life, and I am thoroughly alive.



TURN my attention away from all belief in insufficient life, inactivity, or death. I do not believe that God's life, the very life of my being, can be withheld from me. I do not think of any power or adverse thought as standing between me and a realization of abundant life.

Spirit within me is a mighty presence of life. Directing my attention to Spirit, I contact its life. Abiding in the presence of God, I am one with bountiful life, I am unified with all the life that there is in Spirit. Living in this realization, I cannot lack life.

In this consciousness I become identified with the life within me that becomes the very life of my mind, body, and soul. I touch the wellspring of the life of Spirit and feel it moving in and through me, animating, thrilling, and vitalizing me.

Alive in Spirit, I cease to think of cessation of life. I abide in the consciousness that Spirit as life now is the living presence of life that animates my physical body. Every cell of my being is alive with the life of God. My whole being is alive with the life of Infinite Being.

Lay hold on the life that is *life* indeed.
—1 Tim. 6:19.

THURSDAY, APRIL 9

Giving up all inharmonious beliefs, I find myself in heaven, the kingdom of perfect harmony.



THROUGH thinking harmonious thoughts I sense the presence of heaven. I realize that heaven is in my midst, and that I am in the midst of it. I find that through spiritual consciousness, the heavens of the mind, I can merge into heaven and abide in it.

Gone are my former beliefs that heaven exists in some distant place or in some future time. I know that heaven is not measured by time or space. I realize that I relate myself to heaven by my spiritual thoughts, and that it is right where I am when I am in spiritual consciousness.

I cease to think of hell as a future place of torment. I know that the only hell is the inharmonious state produced by inharmonious thinking. I cease to believe in the reality of hell when I no longer believe in the power of inharmonious thought.

Abiding in harmony in mind, I find myself in peace, health, and plenty. My heavenly state of consciousness now manifests and externalizes as visible heaven. As I increase in thinking heavenly thoughts, so does my heaven come to view.

Our citizenship is in heaven.—*Phil. 3:20.*

FRIDAY, APRIL 10

In the renewing consciousness of Spirit, I behold myself and all my world as made new.

I KNOW that the mind of Spirit is the mind of new ideas—ideas of new life, new strength, new vision. As I abide in spiritual consciousness, I am one with the mind of Spirit, one with its newness and new ideas. I give up old ideas founded upon beliefs in age, decay, hopelessness, and regret. In Spirit, all things are now renewed. I am made new.

I am exalted to that high consciousness in which I experience and observe on every hand the newness of Spirit. I feel renewed in mind and in body. All sense of weariness and fatigue has left me. The presence of Spirit within me is the presence of the very spirit of newness.

Mentally, I am charged with new ideas. The vitality of new thoughts refreshes and renews me in mind and in spirit. I have a new vision of myself, of my life, and of my relation to things universal. I am one with the mind of Spirit, the mind of all things new.

My body takes on the character of my thoughts, my new thoughts. Physically I am renewed in every part.

Wherefore if any man is in Christ, *he is* a new creature: the old things are passed away; behold, they are become new.—II Cor. 5:17.

The Command

LEARN now, O unwise man! how sadness troubleth the Holy Spirit, and how it saves. When a man that is doubtful is engaged in any affairs, and does not accomplish it by reason of his doubting, this sadness enters into him, and grieves the Holy Spirit, and makes him sad.

Again, anger when it overtakes any man for any business he is greatly moved; and then again sadness entereth into the heart of him, who was moved with anger, and he is troubled for what he hath done, and repenteth, because he hath done amiss.

This sadness therefore seemeth to bring salvation, because he repenteth of his evil deed. But both the other things, namely, doubting and sadness, such as before was mentioned, vex the spirit; doubting, because his work did not succeed: and sadness, because he angered the Holy Spirit.

Remove therefore sadness from thyself, and afflict not the Holy Spirit which dwelleth in thee, lest he entreat God, and depart from thee. For the spirit of the Lord which is given to dwell in the flesh, endureth no such sadness.

Wherefore clothe thyself with cheerfulness, which has always favour with the Lord, and thou shalt rejoice in it. For every cheerful man does well; and relishes those things that are good, and despises sadness.

mand to Smile

But the sad man does always wickedly. First, he doth wickedly, because he grieveth the Holy Spirit, which is given to man, being of a cheerful nature. And again he does ill, because he prays with sadness unto the Lord, and maketh not first a thankful acknowledgment unto him of former mercies, and obtains not of God what he asks.

For the prayer of a sad man has not always efficacy to come up to the altar of God. And I said unto him, Sir, why has not the prayer of a sad man virtue to come up to the altar of God? Because, said he, that sadness remaineth in his heart.

When therefore a man's prayer shall be accompanied with sadness, it will not suffer his requests to ascend pure to the altar of God. For as wine, when it is mingled with vinegar, has not the sweetness it had before; so sadness, being mixed with the Holy Spirit, suffers not a man's prayer to be the same as it would be otherwise.

Wherefore cleanse thyself from sadness, which is evil, and thou shalt live unto God. And all others shall live unto God, as many as shall lay aside sadness, and put on cheerfulness.
—*Apocryphal New Testament; Commands of Hermas.*

SATURDAY, APRIL 11

All my personal problems are now solved through my consciousness of divine love.

I RISE above the little problems of the day, those problems dealing with my relations with persons, because I recognize divine love as mighty to meet every so-called personal problem. I do not contend with others.

In my consciousness of perfect love, I wipe out all feeling of personal animosity, all bitterness, hatred, envy, and jealousy. In love there is no place for hate or revenge. In the mind of love there is no room for memories of wrongs, for thoughts of injustice.

In divine love, the love of Christ now expressing itself through my heart, I find perfect peace. I am freed from personal problems. I cast my burdens upon the Lord and my heart is light. I yield all feeling of resentment, resistance, and irritation, and I am filled with love.

Divine love now replaces my former belief in retaliation. I am willing to return love for hate, good for evil. I know that love alone has power, since God as love is omnipotent.

I am in love because I abide in the presence of God and He abides in me.

Being fervent in your love among yourselves; for love covereth a multitude of sins.—*I Pet. 4:8.*

SUNDAY, APRIL 12

My mind is at peace with all persons and all things, and I abide in perfect peace.

I HAVE now reached that consciousness in which I can truthfully say that I am at peace with all persons and all things. I am in harmony with the world about me because I am harmonized with the Spirit of peace within me. Nothing external to me can take my peace from me. Nothing in all the world can cause me to lose sight of Christ, the Spirit of peace, within me.

My mind is freed from all sense of irritation and inharmony. I am in harmony with the Christ Spirit. I am harmonized with the very peace of God and, thereby, at peace with all the persons and things of my world. At one with the mind of Christ, I am unified with peace.

Peace pervades my whole being. I live in peace. My environment is one of peace. In the consciousness of perfect peace I am in constant touch with the mighty peace giver, Jesus Christ. I rise to that consciousness in which I know that no person or thing can keep me from being harmonious and peaceful.

In perfect peace I think the thoughts of God, whose Spirit is in my midst. I am peaceful because His presence fills me through and through.

Peace be multiplied unto you.—*Dan. 4:1.*

MONDAY, APRIL 13

Through the power of Spirit inherent within me, I have power over all things of my world, power to do all things.

FROM THE DEPTHS of my being, I proclaim the truth that I have power and authority over my life and the things of my world. The Spirit of Christ within me gives me full authority. I have power over every adverse or negative condition.

The power that is from on high is the same power that I exercise when I am in spiritual consciousness. When I am related to spiritual thoughts I am identified with spiritual power. When I abide in the quietness of consecration and inspiration I am one with the very power and authority of God.

The power of Spirit gives me authority to cast out adverse thoughts, disease, and sin. Through Spirit I have power over the so-called works of the Devil. I have authority over all adverse beliefs.

Christ within me is the power that does all things. Before this power the so-called power of worldly thought is rendered null and void. Living in the consciousness of God, all power, I have power to accomplish whatever I undertake.

But as for me, I am full of power by the Spirit of Jehovah.—*Micah 3:8.*

TUESDAY, APRIL 14

*I patiently trust God in all my affairs
and confidently expect Him to bring my
good to pass.*

HAVING perfect trust in God, I am free from all feeling of impatience. I can patiently trust God in the face of the most trying situations. I can know that He will bring good to pass even when evil appears to be in power.

As I exercise patience I find that all fear of the future leaves me. I find that in the consciousness of patience there is no provision for such beliefs as cause one to be afraid of the outcome of events. As I become more and more patient I find that I have less and less doubt and fear.

I am patient because I know that good will prevail. I know that the power of God will manifest itself at the right time. In all things I can show patience, because I recognize God as back of all things that happen in my life. I know God as the good and as the expression of all things good.

I trust God to manage all my affairs because I know that He is mighty to bestow upon me good in even more bountiful measure than I had hoped to receive. With patience I await His coming.

Bring forth fruit with patience.—*Luke 8:15.*

WEDNESDAY, APRIL 15

I behold in myself the perfection of Christ within me now coming into manifestation.

I KNOW that in Spirit and in Truth I am not created in the image and likeness of imperfection. I realize that as a son of God I am free from sin, fault, and blemish. By holding to this truth I know that I can rise out of all belief that I am imperfect in any wise.

Christ in me now expresses Himself as perfection in me. That which is perfect in peace, light, life, love, and substance now manifests as my own perfection. That which is true of Christ within me now expresses itself as the truth about myself.

As I gain in consciousness of my innate perfection I lose sight of all former beliefs in my faults and shortcomings. I cease to think of myself as anything other than a perfect son of God. I do not consider myself as falling short of that which I am in Spirit and in Truth. I know that I am in reality that which God knows me to be.

Abiding in the realization of perfection, I see perfection manifest in all whom I meet. I look beyond that which appears to be true, and I see that which is true in Spirit.

Let us press on unto perfection.—*Heb. 6:1.*

THURSDAY, APRIL 16

*Christ, the Truth of God, is my Savior.
Knowing that He is with me at all times,
I am saved from every adversity.*



CANNOT doubt the outcome of events since I have Christ for my Savior. He is mighty to save me from every adverse condition. His salvation delivers me from sin, evil, and negation.

Christ, divine Truth, delivers me from all ignorance and error. He is my Savior, salvation, and deliverer. Nothing in the world about me can offer resistance to His work or cause Him to be defeated. Every circumstance of the day's experience must yield itself to Him and to His will.

The Truth of God saves me from every false belief. I no longer think of adversity, disease, or failure as true, since none of these is true according to the science of Spirit. Truth, therefore, delivers me from those conditions to which ignorance would enslave me. Christ, the Truth, is my freedom.

Even as Jesus brought the Christ Truth to humanity to deliver it, so do I accept this Truth as my freedom and salvation. Knowing Truth and accepting Christ as my Savior, I am delivered from every belief of the mortal man.

Christ, the Truth, is now enthroned in my consciousness. I accept Christ as my Savior.

In none other is there salvation.—*Acts 4:12.*

FRIDAY, APRIL 17

My eyes are freed from all belief in poor vision. Christ, the Great Physician, has touched my eyes with healing.



LEAR VISION is my divine birthright. In the consciousness of clear vision, I am freed from all thought that I have poor vision, that I can see only with difficulty, or that I cannot perceive things clearly.

My eyes are the eyes of Spirit. Spirit within me looks upon the world about me and sees all things clearly and distinctly. My eyes are free from all sense of foggiess. My eyes, being spiritual, cannot be hampered by any sense of cloudiness. My eyes, being of Spirit, cannot know weakness or limitation.

Christ has now bestowed His healing touch upon my eyes, and I am freed from all former belief in poor vision. He is the Great Physician, powerful today as at any time. He touches my eyes and, lo, all sense of weakness departs. His presence causes me to see all that I need to see.

My eyes are now blessed through spiritual ministrations. No adverse thought can cause me to think of myself as having limited vision. Only the truth of my perfect sight will be recognized henceforth.

One thing I know, that, whereas I was blind, now I see.—*John 9:25.*

SATURDAY, APRIL 18

My path through life is now made clear. Every obstacle is brushed aside to make my way one of peace and success.

THE SPIRIT of wisdom now reveals to me just what my way through life is to be. I need feel no indecision or hesitancy in taking the path now opened before me. I need not fear to go the way of Spirit, since this is the way of peace and success.

I realize that when I am established in spiritual consciousness I need not experience any difficulty or encounter any obstacle in my way. I know that the Spirit of the Lord does go before and make plain and easy my way. I know that Christ is within and about me at all times to guide, comfort, and encourage me.

I do not think that I must go through life leading a life of hardship. I know that in Spirit my way is prepared and that this way is one of blessings. Spirit attends me at all times and reveals to me the good that lies on every hand. Christ is with me even now, as He will be at all times and under all circumstances.

I rejoice that I have found the true way. I give thanks that this day Spirit will reveal the path that I am to take in order to participate in the good that Spirit has prepared for me.

Make straight paths for your feet.—*Heb. 12:13.*

SUNDAY, APRIL 19

The light of Christ within me frees me from ignorance and darkness, and I am illumined, enlightened, and inspired.

THE LIGHT of Christ burning brightly at the center of my being is the source of my wisdom and understanding. I am delivered from all belief in ignorance, because my spiritual eyes are turned to the light. I am free from all thought of mental darkness, because the light of Christ illumines and enlightens me.

The light of Christ within me is the source of all my information. All that I need to know I now possess as wisdom and understanding. That which I need to know each day is clearly revealed to me. No situation can present itself in which I am without knowledge of how to handle it. No problem can come to me without its attending solution.

The inspiration of Spirit now quickens me and I am filled with inspiring thoughts. I am guided and directed into that which is for my highest good. I am inspired to know that which I need to know in order to make my life full and complete.

Spirit reveals mighty things to me. Standing infolded in spiritual light, I behold spiritual things. God's heaven is revealed to me.

In thy light shall we see light.—Psalms 36:9.

AFFIRMATIONS USED BY
SOCIETY OF SILENT UNITY
April 20 to May 19

The glory of the Holy Spirit is now poured out upon me, and I am radiant with the light of Truth.

Showers of vitalizing life, strength, and health are poured into and through me by the Holy Spirit, and I am made whole.

The heaped-up, pressed-down, and running over abundance of the Holy Spirit is mine, and my every need is supplied.

MONDAY, APRIL 20

The cleansing, renewing, healing, strengthening power of God is now upon me, and I am healed in mind and in body.

LIVING in the consciousness of my perfect health in Christ, I am free from all belief in disease and from all evidence of physical limitation. I know that weakness and disease are not my portion in life. I realize that as a son of God I am constantly identified with the health of God.

I realize that in order to manifest health I must think thoughts of health to the exclusion of any thought of disease. I know that I must also rely upon God, the Spirit of health, within me for my life, health, and strength. With this in mind, I guard my thought from all belief in disease in order to manifest the perfect health of Spirit.

In the realization of my divine birthright of health, I am free from all belief that would cause disease to appear in my body. Thoughts of disease no longer have power to externalize in my body, since they no longer have place in my mind.

Abiding in the realization of perfect health, I rejoice to feel that health is now appearing in me as my divine birthright as a son of God.

Thy healing shall spring forth speedily.
—Isa. 58:8.

TUESDAY, APRIL 21

The wealth of God, my Father, is now bestowed upon me, His son, and I am prosperous and successful.

IN THE WORLD of Truth, there is no lack. In God's world, in which I exist in Spirit, there is no poverty, no failure. I now rise out of all belief in financial limitations. I lift myself out of all thought of lack, and enter the world of plenty.

Clearing my mind of all belief in lack, I am receptive to the blessings of God. He prospers me in all my ways. He blesses all my undertakings with prosperity. He makes me successful in all that I undertake in His name.

God, my Father, is rich with bountiful blessings, and upon me, His son, He bestows those most needed at this time for my spiritual growth and happiness. Not one good thing does He deny me, the child in whom He is well pleased. I need suffer no deprivation in order to merit His love.

I live in the consciousness of substance that makes me prosperous and successful. No adverse belief can cause me to lose sight of this truth and thus forfeit my divine right to plenty. I abide forevermore in the prosperity of God.

The God of heaven, he will prosper us.
—Neh. 2:20.

WEDNESDAY, APRIL 22

Knowing the Truth, I am relieved of all belief in the power of error or falsehood. Christ, the Truth, prevails.



KNOW that Christ, the Truth, has all power. There is no power in error, falsehood, evil, or sin. There is neither power nor presence in anything that is unlike Christ, the Truth, which prevails even when falsehood seems to be in ascendancy.

Truth puts an end to all claims of falsehood. I have power to end the seeming appearance of sin, evil, and disease when I rise to the consciousness of the omnipotence and omnipresence of Christ, the Truth. In spiritual consciousness, Truth alone has being, reality, and existence.

Even as Jesus brought the Christ Truth to deluded humanity, so do I present to my darkened beliefs the light of Truth. I know that false beliefs cannot live or flourish in the powerful presence of Truth. I realize that my word of Truth is mighty to erase the word of falsehood. I know that the mind of Truth, the mind of Spirit, back of my consciousness and my life, is mighty to wipe out any thought that evil in any guise has presence or power.

Abiding in the Truth, I abide in the presence of Christ.

We can do nothing against the truth, but for the truth.—II Cor. 13:8.

THURSDAY, APRIL 23

I relax from all sense of tension and strain. Living in the consciousness of Truth, I abide in peace and trust.



RELAX from thinking the thoughts that cause tension. I cease to believe that persons or things can cause my affairs to be in a state of chaos. I do not think that anything in all this world has power to cause me to be afraid or to fear that evil will come to pass.

In yielding adverse beliefs, I free myself from tension. I know that I can think peaceful thoughts as easily as thoughts that produce tension. I realize that thoughts of harmony relieve all sense of strain.

I am free from all tension or pressure in my head. I do not try to work out my problems through exercising personal will. I am willing to let the will of God be done in me and in all things. I am ready to give up the tension produced by personal will in order to live in the peace born of spiritual consciousness.

My body is now relieved of all physical tension. I can relax easily and whenever I desire. I can sleep in peace. Through relaxation in the presence of Christ I am renewed and refreshed.

He entered into peace; they rest in their beds, each one that walketh in his uprightness.—*Isa. 57:2.*

FRIDAY, APRIL 24

The forgiving power of Christ in me causes me to wipe out every thought of ill will, injustice, malice, and revenge. Through Christ I am forgiving and forgiven.

I CAN forgive easily because in me the forgiving power of Christ is now given expression. I can relieve and unburden my mind of unforgiving thoughts about persons who should have my forgiveness. I know that the forgiving love of Christ is mighty to dissolve every unforgiving thought emanating from personal consciousness.

I give up every belief that any one harbors ill will against me. I give up every thought of personal animosity and bitterness, in order to feel the freeing, forgiving love of Christ. I rejoice to abide in the same forgiving love of Christ expressed through me that has ever been extended to those who turn to Him.

As Christ has forgiven me many times, so do I always forgive those who turn to me for forgiveness. Since forgiveness is a victory over personal consciousness, I give thanks for my every demonstration over the personal. I rise above the personal consciousness to that consciousness which is spiritual and universal.

Repent therefore of this thy wickedness, and pray the Lord, if perhaps the thought of thy heart shall be forgiven thee.—Acts 8:22.

SATURDAY, APRIL 25

God, the good, so completely fills me and my mind with His presence that there is no room for evil. Good is everywhere present in Truth.

IN SPIRIT, there is only God and His manifestation. Since in the world of reality there is naught but God, the good, then for me as I increase in spiritual consciousness there can be nothing but good. I lose sight of that which the world has called evil, I cease to think of it as something with presence and power, since I know the truth that God, the good, is omnipresent and omnipotent.

God, the good, now fills my every thought, because my mind is at one with His mind. Thoughts of good, thoughts of God, fill my mind and cause me to recognize only God as having reality and being. As I cling to this truth I lose all thought of sin, evil, and disease. I see God, the good, expressing Himself as all good in all my affairs.

God is the only presence in Spirit; hence, He is omnipresent. He is the only power in Truth; thus, He is omnipotent. I affirm and realize this truth, to the end that only good can appear in my life. Only that which is of God can become identified with me.

Every creature of God is good.—*I Tim. 4:4.*

SUNDAY, APRIL 26

I live in the quietness of Christ within me, free from all noise and confusion. In Christ, I am now perfectly still.

I CAN free myself from all contact with noise and confusion by retiring within myself to the secret place of prayer. I can withdraw myself from all relation to confusing sounds by turning to the Christ within me.

Living in the quietness of the Christ life, I receive strength from Him sufficient for any undertaking. Passive in silence, I become active in spiritual power. Abiding in the peace of His quiet, I tap mighty resources and receive bountiful blessings.

In the presence of Christ within me is absolute quiet. Nothing of the world about me can disturb Christ. Nothing can disturb my poise when I am centered in Him. In the world of Spirit there is naught but peace and quiet.

In the stillness of spiritual understanding, there come to me light, peace, life, and power. These are mightier than all that is without and about me. Christ's quietness puts to silence all that would disturb the tranquillity of my soul. In Christ, I have heavenly peace. I abide in that peace which is the very peace of God, the peace of my own indwelling Spirit.

Take heed, and be quiet.—*Isa. 7:4.*

MONDAY, APRIL 27

*In Divine Mind there is no injustice.
Abiding in the consciousness of Truth,
I am sure of divine justice at all times.*



TURN AWAY from all belief that I have any relation whatever with injustice. I cease to think of any one as dealing unjustly with me. I no longer have a desire to be unjust with others. I rise to that consciousness in which God as infinite justice rules supreme.

I know the futility of being unjust, and I recognize the power and value of kindness and justice. I shall not limit my life by harboring thoughts of injustice. I recognize the justice of God as sufficient to handle every situation without my personal interference.

In Spirit, there can be no injustice—no unjust thoughts, words, or deeds. In Truth, God as justice prevails. He prevails as the judge and the justice operating in all my transactions and active in all my dealings. Nothing can interfere with the perfect working of His justice. He alone has might and power. He alone can be lawgiver and that which is back of the working of spiritual law.

I give thanks for my freedom from all belief in injustice.

The judgment of God is according to truth.
—Rom. 2:2.

TUESDAY, APRIL 28

Living in spiritual consciousness, I am in constant prayer, the prayer that "availeth much."

IN SPIRITUAL consciousness, I am in that high realm in which all prayer is heard and answered. In this consciousness, I know how to pray, how to hold myself in constant union with the very Spirit of God at the heart of my being.

The prayer prayed in Spirit is never refused, and so my prayer is always answered by God with His infinite blessings. I need not supplicate or beseech God for what I desire, need, or want. I have but to ask Him, to welcome Him to manifest Himself in me and in my life.

In the consciousness of Spirit I am one with all that God is and all that He has. No righteous desire of mine will be denied. He answers my prayer, not according to my needs but according to the bounty of His love. He gives Himself freely to me. He rejoices to answer my prayer and to express more and more of Himself in me.

I appreciate every loving gift from the hands of my Father. I give thanks for every answer to prayer. I rejoice that this day my most earnest request is granted. I am grateful for the outpouring of His bounty.

Always to pray, and not to faint.—*Luke 18:1.*

WEDNESDAY, APRIL 29

I now conform my every thought to the mind of Christ in me, and I am filled with thoughts of Truth.

GIVE up the thinking of thoughts in opposition to the mind of Christ. I give up thoughts of sin, evil, and disease. I conform my mind to the mind of Truth, and I think thoughts based upon the Truth of Christ.

Every thought of mine is now transformed into one in harmony with Spirit. I think heavenward and become identified with heavenly thoughts. Through right thinking I am unified with Divine Mind. I recognize this Mind as the only one that there is in Spirit. I know that what men call carnal or mortal mind has no reality in Truth, and that their belief in it must give way to the truth of Divine Mind.

Thoughts of peace, love, life, and substance now fill my mind to the exclusion of thoughts of inharmony, hate, lack, and death. I dedicate my every thought to God, divine Truth. Henceforth I shall think only those thoughts which are exalting, constructive, spiritual.

When tempted to think adverse thoughts, I hasten to think thoughts of Truth. Christ in me gives me power to discipline my thinking.

Bringing every thought into captivity to the obedience of Christ.—*II Cor. 10:5.*

THURSDAY, APRIL 30

I praise the good that I desire to manifest in my life, and it appears in response to my desire and praise.



Y PRAISING the invisible good that I wish to bring into my life, I cause it to manifest. By the law of praise I have power to bring good into manifestation in ever increasing measure. The praising of good causes it to appear and to increase.

Through praise I cause the good that I already have to be multiplied. My visible good increases through my attitude of praise. My blessings multiply as I give thanks for them.

As I praise the health that I have, I become more firmly grounded in health, more conscious of the truth that I am filled with health. As I give thanks for life, I find that I increase in my consciousness of life.

My finances increase as I give thanks for the measure of prosperity that I already have. As I praise God for the success that I have had, I become more successful. As I give thanks for wider channels for the inflow of more prosperity, I find wider channels opened, more prosperity in evidence.

Because thy lovingkindness is better than life,
My lips shall praise thee.

—Psalms 63:3.

EDITORIAL

Such thorough preparations are being made for the summer Training School, which will be in session from May 4 to October 16, that we are sure that Unity students who come to Kansas City for the classes this summer will receive an old-fashioned baptism of Spirit. While preparations for the comfort of the physical being of students have been completed, comfort for the soul is also assured. Students who have longed for an opportunity to come under the instruction of such Unity teachers as Charles Fillmore, Ernest C. Wilson, E. V. Ingraham, and H. B. Jeffery will find these teachers giving far more than intellectual messages. Truly they are men of God, well versed in the illuminating, healing power of Spirit, and able to inspire all who come to them.

For those who are unable to stay for the entire term of the school, provision has been made for four six-week periods of instruction. The course includes classes in "Lessons in Truth," "Christian Healing," metaphysical interpretation of the Bible, higher mysticism, training for teachers, and several others. Further information can be had by addressing the dean of the Unity Training School, Unity School of Christianity.

Begin now to make your preparations to spend your summer at this school. Nothing in all this world amounts to so much as your own spiritual development. You will return home amply repaid for your trip. We welcome you to headquarters with outstretched arms.

Success Is for You

SUCCESS means health, happiness, and freedom from financial worry. It depends upon three things: work, prayer, and right thinking. Our Prosperity Bank plan will drill you in the practice of these three forms of activity, which three make a powerful combination.

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Business Is Business

HOW OFTEN we hear the expression, "Business is business"! It seems to suggest ironclad methods. Let us say: "My business is God's business," and immediately a different realization is experienced. There is born a feeling of forbearance toward others, of consideration for their problems. *Christian Business* magazine will help you to realize that God is your business partner, that your resource is unlimited, that you can be lenient toward others without loss to yourself. It will teach you how to apply the teachings of Jesus Christ to your business affairs. Let your subscription start now. The price is \$1.50 a year.

Be Ye Prospered

"THOU shalt also decree a thing, and it shall be established unto thee." This statement from the book of Job reveals the power of the spoken word. Begin today to cultivate a belief in God's unfailing abundance, and to declare prosperity in all your affairs. The book, *Be Ye Prospered*, by Ruthanna Schenck, brings you a scientific, though intensely practical, message. It deals with prosperity in all its phases. There are seventeen lessons in the book, followed by a series of chapters, each chapter presenting and answering a question bearing on prosperity. You will want this book. It is cloth-bound; price, \$1.

THE SUN OF GOD

Let the sun of God in you now
shine forth and reveal to the
world your divine "sun-ship."

They All Are Good

Whether you are just beginning the study of metaphysics or are already an advanced student, you will find inspiration and help in Charles Fillmore's books, for they all are good. *The Twelve Powers of Man* is the latest addition to Mr. Fillmore's writings. His books are listed below:

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